

Hawaii MARINE SPORTS

Hawaii Marine C Section

October 4, 2002

Bandits fall to Bone Crushers

Cpl. Jason E. Miller
Combat Correspondent

The Bone Crushers of Headquarters Co., 3rd Marine Regiment, held on to a slim lead, defeating the Bandits of Marine Aircraft Group 24, 7-6 in intramural tackle football action, Monday night at Pop Warner Field.

The game marked the season opener for the Bandits who previously had been deployed, but they showed up at the contest ready to grind out their first game.

Both teams' defenses came ready to fight for a physical victory. No points were scored during the second half of the contest and the winner wasn't decided until there was less than one minute to play.

After marching from midfield with less than two minutes to play, the Bandits, down by one point, pounded the ball to first and goal on the Bone Crushers' three-yard line.

Bandit's Coach Richard Hargrave called for a quarterback keeper, right up the middle, to drive the ball into the end zone, but the Crushers had a different plan.

As Bandits' quarterback Josh



Pfc. Monroe F. Seigle

Claude Jenkins of the Bone Crushers dodges a tackle from a MAG-24 defender in Monday night's game.

Monster made his push toward the goal line, the 3rd Marines defense stripped the ball and recovered it on their own one-yard line.

Many spectators, and one referee, seemed to think that Monster had broken the plane

and scored six points on the play, but in the end, 3rd Marines gained possession of the ball.

Quarterback David Heyman downed the ball until time expired, and 3rd Marines clinched the victory.

After a rash of interceptions in

the first quarter, Heyman finally found wide receiver Britney Schwaluk for a touchdown pass that, after the extra point, put the Bone Crushers ahead 7-0.

The Bandits were moving the

See FOOTBALL, C-3

1st Rad. Bn. sweeps in bowling intramurals

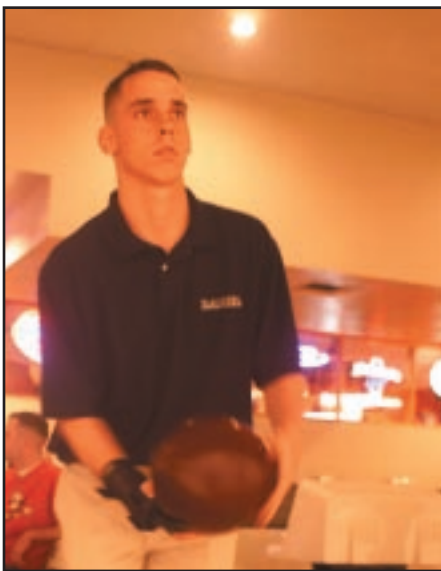
Sgt. Alexis R. Mulero
Combat Correspondent

Five teams composed of service members, family members, and base employees of MCB Hawaii, Kaneohe Bay, competed on the second night of K-Bay Lanes Intramural Bowling League aboard MCB Hawaii, Kaneohe Bay, Monday.

The team of Anthony Korte, Michael Bailey, Joshua Weaver and Judy Bacon, who represented 1st Radio Battalion, swept all three games, with total series scores of 636, 589 and 627.

Finishing second in both the first and second game was a team composed of two Marine Corps Community Services employees, a Marine from base motor transport and another one from 3rd Marine Regiment.

During the third game, Marine Aircraft Group 24's team H2O scored a 526 series to finish second.



Daniel Kerperien (left) and Mike Morgan, both on MAG-24's H2O team, unleash their 16 pounds of sphere to wreak havoc on 10 steal-coated pins 90-feet downrange.

Besides placing team high for the night, 1st Radio Battalion's Judy Bacon earned the highest score for the women participating in the league with scores of 144, 142 and 134.

For the men, Alan Lowry of



Sgt. Alexis R. Mulero

Anderson Hall Dining Facility produced the highest score in the first and third games with 184 and 205. Frank Benavente from base motor transport earned the high score on the second game with a 184.

Although the league has already started, they are still accepting more teams to compete in this year's intramural league.

"To make the league more in-

See BOWLING, C-3

All E-6, above invited to play in golf scramble

Edward Hanlon V
MCCS Marketing

It was golf humorist John Hallisey who said, "A bad day on the golf course still beats a good day in the office."

October 30, all staff noncommissioned officers, their family members and equivalents are welcome to show off their swings at the SNCO Top 4 Golf Tournament at the famous Klipper Golf Course.

The format for the fun is a 4-Man best-ball scramble. All teams are to be composed of A, B, C and D players, with handicaps from 0-8, 9-17, 18-26 & 27+ respectively.

The fee for the tournament is \$38 for Staff NCO Club members and \$45, for all others. The price includes golf fees, carts and heavy pupus.

Prizes for first, second and third place teams will be awarded, as well as prizes for the "longest drive" and "closest-to-the-hole" on certain holes.

There is even a "hole-in-one" prize from Sport's Fantasy Tours, if luck is on your side.

The tournament begins at 12:30 p.m. Entrants may contact Chief Petty Officer William Thompson at 282-9914 for more information.

All entry forms must be delivered to Thompson at the Marine Corps Air Facility Air Traffic Control Tower.

Participants who do not have an established handicap may give an estimate (no sandbagging!), and if they're not already members of the Staff NCO Club, they may join by calling 254-5592.

TEE IT UP "FORE" TOTS GOLF TOURNAMENT

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12:30 SHOTGUN ON OCTOBER 25TH, 2002 AT THE KLIPPER GOLF COURSE ON MARINE CORPS BASE HAWAII

FOR MORE INFORMATION OR SIGN UP, CONTACT STAFF SERGEANT RUBEN VILLARREAL AT (808) 257-2531 EXT. 233

- PRIZES AVAILABLE**
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 - TOP TEAM PRIZES AVAILABLE
 - AWARD DINNER AT END OF TOURNAMENT
 - \$30 FOR E-5 AND BELOW
 - \$40 FOR E-6 TO O-3
 - \$50 FOR O-4 AND ABOVE
 - \$70 CIVILIANS
 - MILITARY RETIREES WILL PAY THEIR RETIRING RANK



BASE SPORTS

Debbie Robbins
MCCS Public Relations

21st Dental Hosts Annual Devil Dog Dash

The 21st Dental Co. invites you to a 10-kilometer dash, Friday, Oct. 18.

The 10th Annual Dental Devil Dog Dash is set to race all over the base. The event, part of the Commanding General's Semper Fitness Series, will be held aboard MCB Hawaii, Kaneohe Bay, and is set to start at 6:30 a.m.

The course includes sections of asphalt and dirt. It entails the ascent and descent of Kansas Tower — the steepest hill aboard Kaneohe Bay.

Awards will be given to the top three finishers overall, the top three 10-man formations, and to the top finishers of the numerous age groups.

Registration is underway now. The cost is \$15 with an Armed Forces I.D. card, and \$25

for all formations. Send your check, payable to the Dental Devil Dog Dash at:

Dental Devil Dog Dash
MCB Hawaii
Box 63073
Kaneohe Bay, HI 96863-3073

Racers may also register in person at the Semper Fit Center in Bldg. 3037.

For more information on the race, call 254-7590 or 254-7591.

SM&SP Offers Discounts

Take advantage of the benefits the Single Marine and Sailor Program has to offer.

The Kaneohe Klipper has discounted prices for E-5 and below. The greens fee is only \$9 for 18 holes and \$5 for 9 holes. Plus, club rental is lowered to \$5 per set.

Two tee times on Saturdays and Sundays are reserved for SM&SP only. The deadline for the Saturday tee-off is Thursday



at 5 p.m., and Sunday's deadline is Friday at 5 p.m.

For more details, contact Leslie Graham at 254-7593.

Rocker Room Brings Pigskins

Cheer on your favorite football team every Monday night at the Staff NCO Rocker Room's Monday Night Football pigskin and pupu party.

Doors open at 4:30 p.m. Plenty of free prizes and pupus will keep your gang coming back for more.

Each week the Rocker Room will feature a guest bartender. Also, a King and a Queen of the Quarter will be crowned. Every King and Queen becomes eligi-

ble to win the regal recliner during Super Bowl Sunday.

Also, don't forget that you can ease back at the E-Club every Monday night during its weekly "Sports Night."

For more details, call the Enlisted Club at 254-5592.

Flag Football Debuts at Camp Smith

All persons attached to Camp H. M. Smith may now look forward to the upcoming flag football season. Sports Coordinator Angela Pittman is currently re-serving spots.

For more details, call 477-0498.

Fast Pitch Seeks Players

Varsity Sports Coordinator Joe Au is seeking command interest in fielding an intramural baseball team for January 2003. This will be a fast-pitch baseball league.

Interested military members

should contact their sports representative, and the reps should e-mail Joe at Joe.Au@usmc-mccs.org

K-Bay Lanes Throws Strikes

Bowling is back, and back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes.

Bowling leagues for youth, women's, intramural and a Wednesday night mixed four-somes are starting. All bowling levels are welcome to participate.

Check out Semper Extreme Bowling Fridays 6 p.m. - 1 a.m.; Saturdays at 11:30 a.m. - 5 p.m. and 8 p.m.- 1 a.m.; and Sundays, 6 - 9 p.m.

The K-Bay Lanes also features bumper bowling for keiki, a hearty snack shop, a pro shop and arcade.

For more information, call K-Bay Lanes at 254-7693.



Courtesy of Marine Aircraft Group 24

Base All Stars —

NAME: Navy Lt. Adam R. Pacal

BILLET: Flight Surgeon

UNIT: HMH-463

SPORT: Triathlons

• The native of Encino, Calif., has been training for and competing in triathlons for more than two years.

• He was a member of the 2002 All-Navy Triathlon Team.

• He also competed in the 2002 Armed Forces Triathlon Championships.

• Currently, he's training for the Half-Ironman Triathlon on the "Big Island" in May.

"Triathlons motivate me to always keep training and to improve my fitness."

A real grueller



Cpl. Luis R. Agostini

About 77 runners from across the island tested their lungs, legs and heart during the Camp H. M. Smith, Hawaii, 5k Grueller Sept. 20 at Bordelon Field. Former Army Master Sgt. Clarence Young (farthest right), a Korean War veteran and former P.O.W., sounded the horn to begin the race. Some of the bragging rights follow:

Men's Overall:
1st, Jason Lott, 22:47
2nd, Louis Tomsic, 21:51
3rd, Brian Burdock, 20:53

Women's Overall:
1st, Tomeka McGowan, 6:13:00
2nd, Keili Shanafelt, 29:21:00
3rd, Janet Foote, 28:35:00

In Formation:
1st., MAG-24
2nd, Team HQ&SVCBN
3rd, Team PERSO

Youngest Competitors:
1st, Men's 19 and below
Victor Valez, 23:50
1st, Women's 25-29
Raynell Theus, 30:34:00

Senior Competitors:
1st, Men's 55 and above
Mike McCurdy, 27:19:00
1st, Women's 50-54
Lucy McCurdy, 33:29:00

COMMUNITY SPORTS

Hawaii Professional Rodeo Returns

Cowboys and cowgirls from across Hawaii are saddling up for two days of bucking broncs, bull riding, and malasadas, as the Hawaii Council on Portugese Heritage presents "Hawaii Professional Rodeo" at New Town & Country Stables in Waimanalo, today and Saturday.

The rodeo will feature local and national cowboy talent as well as authentic Portugese food.

Professional talent from Hawaii and the mainland is slated for participation in a full array of riding, roping and racing events to include bareback bronc riding, saddle bronc riding, bull riding, team roping, double mugging, barrel racing, steer undecorating and match barrel racing.

Rodeo events and entertainment will be held as follows:

Today

5 p.m. Gates open
5:30 - 6:30 p.m. Country music

6:30 - 7 p.m.
7 - 9:30 p.m.

Saturday

2 p.m.
2:30 - 3:30 p.m.
3:30 - 4 p.m.
4 p.m. - 6:30 p.m.

Admission is \$12 at the gate. Children four and younger will be admitted free of charge.

For more information, call the Hawaii Council on Portugese Heritage at 845-1616.

Hunter Education Classes Offered

Hawaii's Department of Land & Natural Resources hosts its next series of Hunter Education Classes tonight (from 5:45 -10:15 p.m.) and Saturday (from 7:45 a.m. - 4 p.m.) at 1130 N. Nimitz Highway, Suite A-212A on the second floor.

Learn about archery safety, wildlife identification, conservation and more. This free class is open to anyone 10

Frank De Lima
Rodeo events

Gates open
Country music
Frank De Lima
Rodeo events

years old and above who enjoys outdoors, and attendance is required both days for certification.

Pre-register by calling 587-0200.

Trekkers Invited to Hike Oahu

Visiting hikers are welcome to join the Hawaii Trail and Mountain Club, Saturday beginning at 8 a.m. when it takes an adventurous jaunt in the Waimano tunnels.

Hikers will take a valley stroll, go underground through two short, but dark ditch tunnels built in 1912.

Call Steve Brown at 247-8845 for more.

Hale Koa Offers Tennis Tournament

The Hale Koa Hotel is offering a tennis doubles classic Nov. 15 - 17. There will be a men's and women's division, as well as a combination mix.

The cost is \$30 per team, and the entry deadline is Nov. 8.

Make checks payable to the Hale Koa Hotel and mail them to the following address:

D. Conroy, Hale Koa Hotel Tennis
2055 Kalia Road
Honolulu, HI 96815

Entry forms are available at the POiNT Health Club.

Bellows Hosts Outdoor Recreation

Just because summer is over, does not mean you have to be a couch potato. Bellows Air Force Station offers plenty of outdoor recreation.

Learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a bodyboard.

Learn ocean kayak skills, including deep water recovery, navigation, water safety, and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost of the class is \$14 for adults. The price includes kayak rental for time of instruction. Pay for classes and pick up your life jacket at Equipment Check Out.

For more information, call 259-8080.

Tackle Football Schedule and Standings (Wins and Losses as of Oct. 1)

Today
HQBN (2, 1)
vs 1st Radio Bn. (0, 2)
at Pop Warner Field
6 p.m.

Monday
MAG-24 (0, 1)
vs 1/3 (2, 1)
at Pop Warner Field
6 p.m.

Wednesday
Camp Smith (0, 2)
vs 1st Radio Bn.
at Bordelon Field
6 p.m.

Oct. 11
HQ 3rd Marines (3, 1)
vs CSSG-3 (2, 1)
at Pop Warner Field
6 p.m.

Oct. 14
HQBN
vs 1/3
at Pop Warner Field
6 p.m.

Oct. 16
CSSG-3
vs MAG-24
at Pop Warner Field
6 p.m.

FOOTBALL, From C-1

ball offensively, but they were having trouble converting drives into points, mostly because of the stifling 3rd Marines defense in the red zone.

First game jitters may also have been plaguing MAG-24 resulting in several fumbles and two missed field goal attempts.

The Bandits managed to put six points on the board in the closing seconds of the first half when Monster connected with wide receiver Corey Moore for a 60-yard touchdown pass.

An unsportsmanlike conduct, (celebration) penalty was called against the Bandits. The foul added 15 more yards to the extra point attempt, which sailed wide right.

The penalty may have been the difference of the game, as the miss

left MAG-24 trailing 7-6.

During the second half, defenses dominated the game again. The Bone Crushers’ offense moved the ball little during the half, but defense kept them ahead.

The Bandits threatened to score several times, but were turned away each time by the Crushers.

With the loss, MAG-24 opened their season at 0-1. For a first game, though, the team played well and should be a force as the season progresses.

“I think we did pretty well out



Pfc. Monroe F. Seigle

David J. Heyman of the Bone Crushers sprints past Bandit defenders in Monday night's game.

here for our first game,” said Coach Hargrave. “These guys have played three games before this and we executed all right. We learned a lot tonight.”

The Bone Crushers improved their record to 3-1, currently the best record in the league.

BOWLING, From C-1

teresting and competitive we need more players to come out and participate,” said Deborah Bruns, manager at K-Bay Lanes and coordinator of the Intramural Bowling League.

The league is open to all men and women who live or work aboard MCB Hawaii.

The league uses a four-person team format and rules governed by the American Bowling Congress.

“It is a good way to meet new people,” said Stephanie Kerperien, family member on MAG-24’s team H2O.

“Also, it’s a fun and interesting sport to compete in your spare time — it keeps people occupied and out of trouble.”

Intramural league games are held at K-Bay Lanes and they meet every Monday at 6:30 p.m.

A one-time sanction fee of \$16 for the men and \$15 for the women is charged prior to the bowlers start in the league.

For more regarding the intramural league or other bowling events, call Deborah Bruns, manager K-Bay Lanes at 254-7664.

SPORTS AROUND THE CORPS

Marine dirt bikers save downed cyclist

Sgt. M. Trent Lowry
MCAS Yuma

MARINE CORPS AIR STATION YUMA, Ariz. — An adrenaline-charged jaunt Sept. 7 through the dirt trails of Yuma County soon became a situation that required four Station Marines to put their life-saving skills into practice.

The four dirt-bike enthusiasts rescued another biker after he crashed into a construction fence and suffered multiple injuries.

The biker, who had been riding by himself, said he was certain that he would have perished without the aid of the four young Marines.

“There’s no doubt in my mind that I would have died,” said Maj. Matt Catron, chief administrator of the Yuma Sheriff’s Office and the dirt bike enthusiast who was saved by the Yuma Marines.

Riding alone was the one mistake made by Catron, who has 36 years of experience riding dirt bikes, when he was practicing for upcoming races in the desert east of Yuma.

The former semi-professional racer was wearing all of his safety gear when the accident happened, including full boots, gloves, racing pants and jersey and full-face helmet.

“I was on a lower-level dirt road that had recently been graded even lower by construction,” Catron said. “I was going 85-90 miles per hour, and I just

couldn’t see the fence until it was too late.”

That’s where the Marines came in.

Catron had been trying to catch up to the Marines, who he had seen racing up ahead of him, in order to be riding near others. Fortunately for Catron, after he had crashed, the Marines who had not witnessed the wreck had turned around to try the path Catron was aiming for.

“I was riding and I saw [Catron’s] dirt bike upside down, and I thought ‘What in the world?’” said Sgt. Jacob M. Brown, a plane captain with Marine Attack Squadron 211. “His helmet was halfway on, and I could hear shallow breathing.”

So bad was Catron’s condition that the other Marines feared the worst when they approached.

“When I got there, I thought ‘Oh my God, he’s not moving,’” said Sgt. Jeremy D. Olson, a plane captain with Marine Attack Squadron 513.

“It looked like his knee had flopped over in a direction it had no reason turning,” added Cpl. M. Patrick Kavanaugh, an ordnanceman with VMA-513. “He hit the fence with some authority. The crash left a nice impression of his front wheel, then a dent where he, the bike, or both hit the fence.”

After about two minutes, the Marines were able to revive Catron. He was in a state of



Sgt. M. Trent Lowry

Heroism came naturally for four Marines Sept. 7 when they rescued dirt bike rider Matt Catron, a major with the Yuma Sherriff’s Office. (From left to right) Corporal Michael O. Galaz and Sgt. Jacob. M. Brown, both of Marine Attack Squadron 211, and Sgt. Jeremy D. Olson and Cpl. M. Patrick Kavanaugh, both of VMA-513, saved the rider after he had a frightening crash in the desert east of Yuma.

shock brought on by his extensive injuries, which included collapsed lungs, four broken ribs, multiple fractures in his right hand, and a femur or thigh bone that was broken in 15 places.

The Marines, including Cpl. Michael O. Galaz, a plane captain with VMA-211, who was the only rider on a quad, stayed with Catron and kept him awake while keeping him still. They found Catron’s cell phone

and dialed 911.

Catron was taken to Yuma Regional Medical Center where he was treated for his injuries. Looking back on the scene, the Marines were a bit surprised they handled themselves so well.

“At the time, while we were there, we were real calm,” said Kavanaugh. “But it seems a lot worse now when we look at it.”

“We did the important things when it came to taking care of

him,” said Olson.

The four Marines ride together as often as possible, they said, and some of them have had serious injuries before, so they had an idea of how to handle the situation.

“I just want to thank them for being the professionals that they were,” Catron said. “Because of them, my wife and three children still have a husband and father.

“Semper Fi,” added Catron.

Effective weight control programs attack fat — slowly

NAPS
Featurettes

For many Americans, few things consume the mind more than the battle to manage weight. Evening newscasts regularly deliver more and more evidence that obesity has reached epidemic levels. And on the heels of those worrisome newscasts, there is the endless parade of commercials for “miracle, lose-weight-quick-and-keep-it-off” programs or pills.

Yet, Americans keep taking it off and putting it back on, or not taking it off at all after following untested and sometimes dangerous weight loss products and fad diets.

The reality, according to the Surgeon General and leading health organizations, is that safe, effective weight loss, — “healthy weight loss” — occurs gradually: between one-half and two pounds a

week. In fact, at least three factors identify healthy weight loss programs:

- Try gradual weight loss rather than rapid shedding of pounds;
- A realistic behavior modification program that encourages people to eat better and move more; and
- A focus on loss of fat, while maintaining or building lean muscle mass and bone density.

According to Dr. Gilbert Kaats, director of the Health and Medical Research Foundation, some diets can do more harm than good, exposing unsuspecting dieters to dangerous health risks.

“People should demand that their weight loss programs promote slow,



“Weight loss should not rely on magic potions that offer quick rewards for little effort. The goal for dieters should be to lose weight by doing some of the same things they will have to do in order to maintain their weight loss,” said Dr. William Squires, professor of Biology at Texas Lutheran University and one of Kaats’ co-investigators.

“Body composition — the relationship between bone density, lean muscle and fat — is the key to successful and healthy weight loss,” says Dennis Pullin of Houston’s St. Lukes’ Hospital, another of

healthy weight loss that depletes fat while protecting or increasing bone and lean muscle mass,” he says.

Kaats’ co-investigators. In all of their independent clinical trials, Kaats’ research team uses an FDA-approved technology called Dual-Energy X-ray Absorptiometry, or DEXA, to measure the body fat, bone density and lean mass of participants in clinical trials. “The DEXA test provides accurate measures of these three key components of a healthy weight loss system,” Kaats says. “When dieters add or preserve lean muscle and bone mass while losing weight, they’re strengthening their bones and improving their immune system, increasing their metabolism while getting firmer bodies. “And these changes will also increase the odds of maintaining lost weight. In short, a healthy weight loss system provides a pathway to optimal health,” explained Kaats.